The Winsted Senior Center celebrated its 55th Anniversary this year

The mission of the Winsted Senior Center is to provide a welcoming place for members to gather and meet old friends and make new ones, have a great experience, take a trip, practice healthy aging, learn about services and benefits to ensure a community of happy, healthy and safe adults age 55+.

Club Membership
Members pay $6 each year for dues. For members who are age 85+, membership is free. Membership funds are used to pay for entertainment at special events. 347 people are members.

Programs & Services

BINGO
In May, opened our doors to welcome BINGO, the “loved by many” game, back. Also, the Tuesday and Thursday card groups came back. For everyone’s safety, we made a few changes and of course masks are mandatory.

BirdSong Technology Program
In March, State Unit on Aging CARES Act money, granted funding to purchase 2 tablets to kick off our BirdSong Technology program which provides older adults friendly tablets, internet access, training and support. In June, Town of Winchester Senior Center budget funds were used to purchase 4 tablets. In October, Western CT Area Agency on Aging funds were granted to purchase 10 more tablets over the FFY. Jay Trevorrow volunteered his time to encourage, train, support the participants.

Celebrations, Themed Grab & Go Lunches & Special Events
January – New Year’s lunch, Winter Wonderland lunch; February – Valentines lunch, Sticky Bun Day lunch; March – St. Patrick’s Day lunch, Easter lunch; April – Peach Cobbler Day lunch; May – Cinco de Mayo lunch, Mother’s Day lunch, Memorial Day Parking Lot Picnic and Concert and opportunity to meet Josh, our new Town Manager; June – Father’s Day lunch, Blanche McCarthy Bench Dedication; July – 4th of July lunch, Jello Day lunch; August – Ice Cream Sandwich Day lunch, Gorgeous Grandma Day lunch; September – Labor Day lunch, WSC’s 55th Anniversary Celebration Parking lot Concert and Ice Cream Sundae treat; October – Apple Betty Day lunch, Halloweenie lunch; November – Veterans lunch, Thanksgiving lunch; Visit from State Rep. Jay Case; December – Holiday lunch.

Community Service
Members are involved with community service projects including food drives for The Salvation Army Food Bank and Holiday Bell Ringing; Winsted Rec Department Trunk or Treat; book donations to the Beardsley Library and distribution of FILE-of-Life Packets.

Covid Vaccine Clinics and Booster Shots
Partnering with Hartford HealthCare and Torrington Area Health Dept. gathered and shared information and helped schedule appointments for vaccines. Hosted Hartford HealthCare vaccine clinic at WSC in March and April. 103 older adults received both vaccines. Hosted Hartford HealthCare vaccine booster clinic in November. 113 older adults received the booster.

Emergency Shelter
The Center is designated as an emergency shelter by the Town of Winchester.

Facebook Page
“Winsted Senior Page” was created to connect to let people know what is happening. 768 people are followers.

Fitness Classes
In April, opened our doors for in-person, socially distanced fitness class with masks. Chair Yoga, continued to be offered on Zoom also. Classes: Chair Yoga (2x/week); Stretch Your Body & Mind (2x/week); Balance Better (2x/week Dancercize (1x/week); Line Dancing (1x/week). 2,769 members participated in classes 308 classes.

Foothills Visiting Nurse and Hospice Foot Clinic
By appointment, monthly, a nurse (angel) provided the critical service for members’ foot health.

Flu Shots
In October, hosted flu clinics by Foothills Visiting Nurse & Hospice and Stop & Shop Pharmacy.

Friendly Hands Food Bank Grocery Bag Distribution
Thanks to Friendly Hands Food Bank and Mayor Candy Perez, organized a food distribution bag program which shelf stable groceries are delivered to participants who sign up at the six elderly housing sites in Winsted, the YMCA shelter and Winsted Senior Center. From April through December 2021, 1,184 grocery bags were distributed.

Grant Funding Awarded
<table>
<thead>
<tr>
<th>Grant Funding Awarded</th>
<th>Amount</th>
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<tbody>
<tr>
<td>CT Healthy Living Collective</td>
<td>Tai Ji Quon Classes $2,880</td>
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<tr>
<td>Fit Together</td>
<td>Free Fitness Classes $1,500</td>
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<tr>
<td>NW CT Community Foundation</td>
<td>Free Fitness Classes $1,500</td>
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<tr>
<td>State of CT, Dept. of Transportation (Senior Center)</td>
<td>2021 Van, not delivered $51,200</td>
</tr>
<tr>
<td>State of CT, Dept. of Transportation (Senior Enrichment Program)</td>
<td>2022 Van, expected delivery $51,200</td>
</tr>
<tr>
<td>State of CT, Unit on Aging, CARES Act funding</td>
<td>BirdSong Tech Program, Hand Project and Swag Bags $2,500</td>
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<tr>
<td>Western CT Area Agency on Aging, WCAAA (FFY 2022)</td>
<td>Free Fitness Classes $5,440</td>
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<tr>
<td></td>
<td>BirdSong Tech Program $13,010</td>
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Hartford HealthCare Neighborhood Health Clinic at WSC
In August, started hosting clinic, on the first and third Thursdays of each month. The clinic offers age-based medical screenings including physical exams, glucose finger stick, urine dip, blood pressure screenings, behavioral health, community resources and COVID vaccines and tests.

Healthy Lifestyle Program
In November, partnering with Torrington Area Health Department, hosted Prevent T2, an evidence-based yearlong program for those who are interested in losing weight, increasing physical fitness and delaying or preventing Type 2 Diabetes working with trained coaches. 12 members are participating.

Income Tax Prep
Partnering with the United Way of NW CT, and volunteers Jerry Cibalskas and Candy Perez, hosted the VITA program, to complete 45 free income tax returns for lower income older adults.

Job Program
In October, started partnering with the Senior Community Service Employment Program, SCSEP, a Federal, paid, part-time training opportunity for eligible, older adults to learn new skills and gain work experience.

Music Tuesdays
Weather permitting, a volunteer member and his musician friends played a sing-along during lunch time outside on the lawn.

Lion’s Club and Blanche McCarthy Sewell Bench Dedication
In June, to thank the Winsted Lion’s Club and Winchester Police Union, hosted a dedication in memory of Blanche, the first Director who served for 24 years.

Member Swag Tote Bags
Partnering with local community healthcare agencies collected healthy aging, emergency preparedness and swag items and distributed them to members.

Painting Club
In October, started offering a monthly class for everyone interested in discovering their artistic talents.

Services, Programs and Presentations
Partnering with WCAAA, by Zoom or phone-in, offered LiveWell programs including Chronic Disease Self-Management, Diabetes Self-Management and Chronic Pain Self-Management.

Legal Advice
Referred Attorney Debra Brown who provides free legal advice for members by appointment.

Media/Technology
The Center receives the Republican newspaper daily and has a book and magazine lending library, members are welcome to sit in the sunroom and read or borrow the donated books to bring home. The Wi-Fi password is available for members to use while they at the Center.

Newsletter
The Director wrote a monthly newsletter, which details the schedule of events at the Center. The Newsletter is available at the Center as well as the six elderly housing sites in town, the library, town hall, Winsted Health Center, the Y, Salvation Army, Community Health & Wellness Center, VA medical office, local doctor’s offices and the senior centers in neighboring towns.
**Nutrition Program**
The Center’s lunch program serves a balanced meal each weekday. To encourage participation in the Grab & Go program, offered special themed lunches including holiday meals and celebrations for days such as National Sicky Bun Day and National Gorgeous Grandma Day (see page 1). Sit-Down lunches started in October, on Tuesday and Friday, with a limited number of seats available. Grab & Go lunches continued to be available Monday through Friday.

Homebound older adults can receive lunch and dinner meal packs each weekday. 21,796 meals were delivered by the NW Elderly Nutrition Program Meals on Wheels.

**Renters Rebate Applications**
From April 1 through September 30, completed online applications for the State funded program that provides a reimbursement program for elderly or totally disabled renters whose incomes do not exceed certain limits who paid rent in 2020, the previous year. 232 applications were submitted by the Center.

**Transportation**
Provided rides, within Winchester/Winsted, for older adults and people with disabilities, Monday through Friday. Rides may be used for medical appointments, Center activities, shopping and errands, for a suggested $1 donation. 2,591 rides were provided.
Trips, Trips, Trips
In June, we started offered a limited number of day and overnight trips. July – Comedy Show and lobster lunch at the Log Cabin, MA; October – Atlantic City Getaway at Caesars, NJ; Country Music Show and lunch at the Log Cabin, MA.

Veterans Coffee Talk
Monthly meeting with discussion about VA updates, benefits, military culture and events facilitated by the Hartford HealthCare veterans’ liaison.

What Makes You, You?
Just like fingerprints, each of us has a unique story. Asked members to trace their hand and create a work of art about themselves. They were attached together to create a mural which is hanging in the Center. Thanks to State of CT, Unit on Aging, CARES Act funding.

Winchester is 250th Celebration
The Winchester 250th Committee reserved special seating for us for the historical play to commemorate the Town’s 250th anniversary at the Gilbert School. Also, participated in the decorate your windows and improve your building façade contest sponsored the Winchester Economic Development Counsel and we are looking forward to more programs and events in 2022.

Senior Enrichment Program
Our Senior Enrichment Day Program provides social and educational programs for older adults with developmental disabilities. The State of CT Department of Developmental Disabilities funds this program, which encourages person centeredness and community integration.

In 2021, the group grew from 10 to 14 members and between the growth and social distancing needs, we took down a wall in the space to open-up the room. Short staffed going into the year, because of the members individual needs, hired to two new staff for a total of 5 dedicated to the program.

Through the year, the Senior Enrichment Program members have the choice to participate in many different programs including: exercise class, dancing, walking, arts & crafts, cooking class, iPad class, shopping, field trips, going out to lunch, basketball at the park, reading, games, puzzles, music, movies and even a gardening this summer.

Building Update

Interior/Exterior Building
Using Town funding, painted the main room of the Center and completed repair work needed for the generator.

Municipal Agent
As the Municipal Agent for the Elderly, the Director assisted with applications, insurance forms, Dept. of Social Services redetermination forms, and provided referrals to appropriate agencies and services as needed and helped older adults of the community with difficult situations.
The Director served on the Board of Directors for Helping Hands Chore Service, Steering Committee for Winsted/Torrington’s Fit Together organization, participates in Town of Winchester’s Caring 4R Community organization, Town of Winchester’s Safety Committee, Healing Meals organization and attends NW Cares meetings.

Training & Certification

All full-time staff and most part-time staff members of the Center are CPR, First Aid, AED and State of CT Sexual Harassment & Prevention certified. Director is Silver Sneakers Flex certified.

The Center, once again, was designated “Senior Center Focal Point” by Western CT Area Agency on Aging.

Staff

Senior Center
(funded by Town of Winchester)
Director/Municipal Agent - Jennifer Kelley
Office Assistants - Craig Closson & Ann Sears
Van Drivers - Patrick Hoffman

Nutrition Program
(Federally funded, administered by Western CT Area Agency on Aging)
Site Manager - Tina Puckett
Assistant Site Manager - Darlene Eifes

Senior Enrichment Program
(funded by State of CT Department of Developmental Services)
Program Coordinator - Robin Bardino
Program Aide - Linda Moore, Tammy Kent, Concetto Marino, Enit Guaraca

Commission, Advisory Board, Volunteers

Senior Commission
Chairperson - Fran Cooper
Vice-Chairperson - Carol Grant
Secretary - Judi Galvagni
Charlie Cooper, Al Dombrowski, Don Fancher, Betty Kelsey, Sally Mangione & Diana Neshko

Senior Club Officers
President - Betty Button
Vice-President - Linda Gardner
Secretary - Natalie Corso
Treasurer - Betty Kelsey

Advisory Board
Club Officers – Kathleen Asselin, Jeanette Beyer, Helen Dombrowski, Carol Grant, Beverly Pisani

Volunteers
BINGO - Sylvia Landi, Sally Mangione
Kitchen - Helen Dombrowski, Alan Marek & April White
Landscaping - Ted Millahn, Patrick Hoffman
Line Dancing - Fran Cooper
Tax Prep Program - Jerry Cibalskas, Candy Perez